Subscribe for our FREE 30 minute meals book!

about

Eat With Clarity was founded by Claire Cary in 2019 and is dedicated to all things gluten free!

Here you will find easy to make and crowd pleasing recipes designed for the every day cook. From decadent chocolate cake, indulgent mac and cheese, fresh green salads and everything in between. We strive to share content that encourages even the most beginner baker to trust themselves in the kitchen.

Try one of our top 5 reader favorite recipes!

- Gluten Free Lemon Cake
- Spicy Chili Garlic Noodles
- Classic Chocolate Chip Cookies
- White Bean Chicken Chili
- Chili Lime Salmon Bowls

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our story

Our founder, Claire, was diagnosed with Celiac Disease in May of 2020 after struggling with mystery symptoms and health problems for much of her twenties. She started an instagram account in her final year of college as a creative outlet to share what she was eating, but as she became more serious about recipe development, the blog was born!

Claire is passionate about creating gluten free recipes that truly taste just like their gluten-filled counterparts. You will also find lots of other allergy friendly recipes on the site – from nut free, to vegan, paleo and everything in between. Eat With Clarity welcomes all types of eaters!

Every recipe goes through many tests- sometimes dozens (!) to ensure it is perfect by the time it reaches your kitchen. We know ingredients are expensive (especially the gluten free ones!) so we want you to feel confident that you are making a tried and true recipe every time.

Claire has been professionally developing recipes for over 6 years and has taken many cooking, baking and photography classes to hone her craft. Her recipes have been featured in publications such as Buzzfeed, Self, Yahoo, Thrive Magazine and more. Our recipes reach millions of readers every month and we couldn't be more grateful to have you here!

READ MORE ABOUT CLAIRE

Claire Cary, Founder
of Eat With Clarity

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the recipes

All Eat With Clarity recipes are gluten free with a focus around simple ingredients.

Life is about balance, so you'll find a mix of healthier and not so healthy recipes (hi oreo brownies) on Eat With Clarity. There are dairy free and vegan options listed whenever possible.

Life is busy so we try to keep all recipes as simple and quick as possible.

Most recipes take less than 30 minutes to make and are made in just one pot or bowl.

We take inspiration from various cultures with my recipes from time to time.

We always do our research into the recipe and try to provide as much information to readers about the origin and background of the recipe. Please note that these recipes are just our take, we am not trying to detract from the cultures that created them and always share resources so you can learn more about the authentic and original dish.

We all have different taste buds, so feel free to adjust the seasonings to your liking.

If you like more salt, spice or sweetness, feel free to adapt the recipe!

Recipes have substitutions listed whenever possible.

If you have a specific allergy or preference, feel free to leave a comment and I'll do my best to provide you with a substitution within 48 hours.

frequently asked questions

Q *What is your favorite gluten free flour?*

A It depends on the recipe! But for most, we stick with the Bob's Red Mill 1:1 Baking Flour. For certain yeasted recipes like our gluten free cinnamon rolls, we prefer to use their gluten free bread flour. Some recipes call for oat flour or almond flour, but we find the 1:1 flour most closely replicates traditional gluten based recipes.

Q *Can I use an egg replacer?*

A It will depend on the recipe! Each recipe explains any and all substitutions and will indicate if it is possible to use an egg substitute. The general rule of thumb is if there are fewer than 2 eggs in the recipe, it is safe, but if there are more, you run the risk of the recipe being gummy or dense. Eggs provide structure and give baked goods a fluffier texture- key elements when you're not using gluten!

Q *What is the best gluten free pasta?*

A Claire is very loyal to the brand Jovial which makes a brown rice pasta. We have no affiliation with the company- just love their products! While there are a lot of gluten free pastas on the market, we tend to find that brown rice pastas (instead of a chickpea or legume based pasta) have a texture that most closely resembles wheat based pasta.

Q *Are gluten free recipes bland?*

A At Eat With Clarity, we firmly believe that when done well, gluten free recipes truly taste just as good as the classic. Our founder and recipe developer, Claire, studied food science in college and has a very strong understanding of the complexity of baking, especially without gluten!

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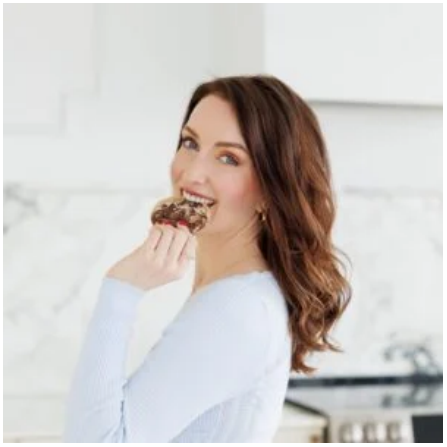

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